What is claimed is:

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- 1. A vehicle, comprising:
- a frame structured to support at least two wheels;
- a seat assembly; and
- a rail clamp attachable to the seat assembly and slidably connected to a portion of the frame, the rail clamp including a pair of rail pads for clamping against the frame.
- 10 2. The vehicle of claim 1 wherein the rail pads are removably attached to the rail clamp.
 - 3. The vehicle of claim 1 wherein the rail clamp further comprises:
 - a fixed portion and a movable portion; and a handle coupled to the movable portion.
 - 4. The vehicle of claim 3 wherein the handle of the rail clamp is attached to the movable portion in a cantilevered arrangement.
 - 5. The vehicle of claim 1 wherein the rail clamp further comprises:
 - a fixed portion and a first and second movable portion;
 - a handle coupled to the movable portions and including a first pivot coupled at the first movable portion and a second pivot; and
 - a cantilever attachment coupled between the second pivot and a third pivot at the second movable portion.
- 6. The vehicle of claim 5 wherein the handle is generally "L" shaped.

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- 7. The vehicle of claim 5 wherein the rail pads are removably attached to respective movable portions.
- 8. The vehicle of claim 1, further comprising:
 one or more side rails coupled to the portion of the frame
 adjacent the rail clamp.
- 9. The vehicle of claim 8 wherein the one or more side rails are knurled.
 - 10. The vehicle of claim 9 wherein the rail pads are knurled and structured to interfere with the knurlings on the one or more side rails when the rail clamp is in a closed position.
 - 11. The vechicle of claim 8 wherein the side rails are formed of anodized aluminum.
- 12. The vehicle of claim 1 wherein the rail pads are formed of aluminum.
 - 13. A rail clamp, comprising:

a rigid body structured to slide longitudinally over a frame when the rail clamp is in an unclamped position;

at least one moveable portion coupled to the body;

a pad coupled to the moveable portion and structured to be pressed against such a frame when the clamp is in a clamped position; and

a handle coupled to the moveable portion and structured to operate from one side of the rigid body.

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- 14. The clamp of claim 13 wherein the pad is removably attached to the moveable portion.
- 15. The clamp of claim 13 wherein the handle of the rail clamp is attached to the movable portion in a cantilevered arrangement.
 - 16. The clamp of claim 13 wherein the rail clamp further comprises:
 - a first pivot coupled to a first moveable portion;
 - a second pivot coupled to a second moveable portion;
 - a cantilever bracket coupled between the second pivot and a third pivot; and

the handle coupled to both the first pivot and the third pivot.

- 17. The clamp of claim 13 wherein the movable portion comprises a first and a second portion, and further comprising a second pad coupled to the second moveable portion.
 - 18. The clamp of claim 13 wherein the pad is knurled.
 - 19. The clamp of claim 13 wherein the pad is structured to interface with a non-planer surface of the frame.
 - 20. A bicycle, comprising:
 - a frame to which wheels are attached;
 - a seat structure; and
 - a tilt apparatus coupled to the seat structure; the tilt apparatus attached to the frame and including a tilt adjustment structured to be operated while the bicycle is in motion.

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- 21. The bicycle of claim 20, wherein the tilt apparatus comprises:
- a frame having a generally elongated shape and including a pivot end and an end having a slot;
 - a slider structured to move within the slot; and
- a pivot bar having a first end and a second end, the first end coupled to the slider, and the second end structured to be held a fixed distance from the pivot end of the frame.
- 22. The bicycle of claim 21 wherein the slider has a threaded hole formed therethrough.
 - 23. The bicycle of claim 22, further comprising:
 - a captured bolt held within the frame and structured to fit within the threaded hole of the slider.
 - 24. The bicycle of claim 21 wherein the slider is aluminum bronze.
 - 25. A seat for a vehicle, comprising:
 - a frame having horizontal and vertical portions;
 - a backrest coupled to the vertical portion of the frame;
 - a seat cushion coupled to a first side of the horizontal portion of the frame; and
 - a tilting apparatus coupled to a second side of the horizontal portion of the frame, the tilting apparatus further structured to be coupled to the vehicle.
 - 26. The seat of claim 25 wherein the cushion comprises:
 - a rigid base;

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- a foam core; and
- an air bladder surrounding the foam core.

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- 27. The seat of claim 26, further comprising an air valve coupled to the air bladder and structured to let air enter into or escape from the air bladder.
- 28. The seat of claim 27, further comprising an outer cover covering the air bladder.
- 29. The seat of claim 27, wherein the rigid base includes a hole for accepting the air valve therethrough.
 - 30. A steering pivot for a vehicle, comprising: an upper pivot connected to a steering mechanism; a lower pivot connected to a steering member;
 - a connection sleeve inserted within the upper pivot and lower pivot and supporting both pivots;
 - a bearing slidably coupled to the connection sleeve; and a friction disk communicating with the connection sleeve and mounted between the upper pivot and the lower pivot.
 - 31. The steering pivot of claim 30, further comprising an engaging mechanism structured to force the upper pivot toward to lower pivot.
- 32. The steering pivot of claim 31, wherein the engaging
 mechanism is structured to cause both the upper pivot and the lower pivot
 to compress opposite surfaces of the friction disk.
 - 33. The steering pivot of claim 30, further comprising a washer disposed between the upper pivot and the friction disk.

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- 34. The steering pivot of claim 30 wherein the steering disk comprises a brake lining material.
- 35. The steering pivot of claim 30 wherein the bearing comprises a lubricant impregnated polymer.
 - 36. A method of assembling a steering pivot, comprising: aligning an opening of a first pivot body with an opening of a second pivot body;

placing a friction disk between the aligned openings;

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inserting a sleeve through the first pivot body, through the friction disk, and through the second pivot body;

sliding a bearing between an outside surface of the sleeve and an inside surface of one of the pivot bodies; and

forcing the first pivot body toward the second pivot body.

37. The method of claim 36, wherein forcing the first pivot body toward the second pivot body comprises:

attaching a first cap to the first pivot body;

attaching a second cap to the second pivot body;

attaching a threaded member between the first and second caps; and turning a compression adjuster that is threadedly engaged with the threaded member.

38. The method of claim 36, wherein placing a friction disk comprises placing a friction disk comprising brake lining material between the aligned openings.

- 39. The method of claim 36 wherein sliding a bearing comprises sliding a polymer bearing between an outside surface of the sleeve and an inside surface of one of the pivot bodies.
 - 40. A vehicle, comprising:
 - a frame structured to support at least two wheels;
 - a seat assembly;

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- a rail clamp attachable to the seat assembly and slidably connected to a portion of the frame, the rail clamp including a pair of rail pads for clamping against the frame;
- a tilt mechanism coupled to the seat assembly and to the rail clamp; the tilt mechanism including a tilt adjustment structured to be operated while the bicycle is in motion; and
 - a steering pivot including:
 - a pair of pivots coupled by a connection sleeve,
 - a bearing slidably coupled to the connection sleeve, and
- a friction disk communicating with the connection sleeve and mounted between the pair of pivots.
- 41. The vehicle of claim 40 wherein the rail clamp includes a cantilever handle.
- 42. The vehicle of claim 40 wherein the rail pads are positioned to clamp against a set of frame rails that are attached to the frame.
- 43. The vehicle of claim 40 wherein the rail pads and the frame rails are knurled.

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